

## Positive Alternatives 2016 – 17 Second Quarterly Update

**Grantee (Name and city):** Philomena House, St. Paul (878194)

**Contact:** Joyce Nevins, Director

**Phone and Email:** 651-334-5913

**Goal:** To provide temporary housing for 2 to 4 pregnant women in a life affirming program that empowers them to become financially independent and self sufficient

**For the period/quarter:** Oct. 1 – Dec. 31, 2016

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities Grant</b>	Administer grant activities		Joyce Nevins, Director Sharon King, Housemother Anne Bolle, Housemother	
<b>Outreach</b>	Promote Grant activities		Zoning called and said “no need for variance” because we have only 4 guests. No need for License because we are no health care facility. We are in process with Heritage Preservation – (Have permission from District 4)Commission for approval for new fence in backyard, removal of old fireplace and windows on front porch Have obtained brochure of Phil.Hse. for distribution. Also in process of placing our ads. In church bulletins.	
<b>Education – Financial Assistance</b>	*Provide individual assessment to residents prior to entering *Financial Coaching classes *Provide financial classes to	2-4	Two newly admitted in third trimester. Both have children in foster care. They attend classes in Life Coach and will attend Financial Planning and Parenting classes after delivery. Both are anxious to reunite with 3 yr. old sons. One left with her son for public housing after being on “the” list for 5 years. (since age 16) She completed all our requirements	

	<p>increase financial literacy and move residents to self-sufficiency</p> <p>*Assist residents in completing applications for financial assistance for college, permanent housing and other needs.</p>		and also is enrolled in college!	
<b>Housing Assistance and Administration</b>	<p>*Provide a home and evening meal for 2 - 4 women (and their babies when born) up to one year, are 18 -26 yrs., and who were previously homeless because of their pregnancies.</p> <p>*Clothing is also available for moms and infants.</p> <p>*Life-skills classes (cooking, gardening, comparative shopping for high protein and low cost, low Carb. food),</p> <p>*weekly life and financial coach group and individual meetings with mentor and doula.</p> <p>*“Family” meeting once a week with all the members of house and director.</p> <p>*Provide intake assessment: Director assigns a volunteer mentor and Doula for each guest*helps coordinate</p>	2-4	<p>Our meal program includes shopping and each must cook a meal (of their choosing) each week.</p> <p>Each puts needed items on the grocery list and then shops for these with the housemother. At this time packages are checked for nutrition: Sodium, Fat, Carb, Protein/vs. Cost.</p> <p>Each has a Doula and has refused a mentor .</p> <p>Helping our newest guest obtain (replace) lost SS card and Medicaid cards. Also State ID card.</p> <p>Dental and Eyeglass apt. being scheduled for new guest.</p> <p>Guests access Obstetrician and Pediatrician according to their insurance.</p> <p>Family meeting has included adjusting to the house and questions about what to expect.</p> <p>The two girls are very cooperative, cooking group meals once a week and shopping or making the list for their meal.</p> <p>They wish to attend parenting classes but have difficulty making them due to other appointments with their son, Doctors, or social workers.</p> <p>Even though they refused mentors our volunteers have been visiting and offering ideas and help to each.</p> <p>One has difficulty because she can't see and we are all looking forward to her eye exam and new glasses.</p> <p>Our volunteers this month included Confirmation students (two girls) who came and cooked lunch. Our guests seemed to enjoy</p>	<p>12.</p> <p>8</p> <p>4</p> <p>2</p> <p>4</p> <p>6</p> <p>3</p> <p>4</p>

	<p>Obstetrician, Pediatrician and PHN / and *assesses other needs: eyes, dental, addictions/adjustment to the Philomena House.</p> <p>*Follow up assessment by two weeks: (Director records phone numbers/location of Hospital, Drs. and PHN.)</p> <p>*Discusses compatibility with assigned mentor and doula.</p> <p>*All appointment times recorded on office and kitchen calendars.</p> <p>*Jobs and Education interests also discussed at this time.</p> <p>*The initial Care conference (once a month) is arranged with all involved: PHN, mentor, doula, Coaches, housemother and director. Other (may include “mom’s first” or ARMS worker etc.)</p>		<p>that very much.</p> <p>.</p>	
<b>Mentoring and Doula Programs</b>	<p>*Pair residents with volunteer mentors and birth doulas</p> <p>*Provide intake assessment</p> <p>*Safe sleep and Car seat, ‘shaken baby’ education</p> <p>*Provide support in carrying baby to term, setting goals, assist with development in</p>	2-4		ongoing

	<p>areas indicated in assessment</p> <p>*Mentor and Doula may be present for Care Conference and the delivery</p> <p>*Post-partum Doula assists in care of mother and baby after delivery</p> <p>*Mentor/and Doula may continue with guest after she leaves Philomena House</p>			
<b>Nutrition</b>	<p>*Provide nutrition education for pregnant and parenting women</p> <p>*Provide healthy snacks during meetings</p> <p>*Provide instruction in meal planning, comparative shopping (Cost vs. protein, sodium and carbs.) and cooking</p> <p>*Provides encouragement and 'tips' to new mom( breast/bottle feeding)</p> <p>*Provide instruction on cleaning bottles and equipment</p>	2- 4	(Please see above)	ongoing
<b>Parenting Education</b>	<p>*Provide parenting education to residents on topics including child care, normal growth and development. Health, immunizations and making</p>	2-4	<p>Our new guests plan to breast feed, and the doula specializes in teaching about feeding and baby massage and exercises for baby.</p> <p>Postpartum doula will provide information to prevent or lessen hormonal changes with special regard to depression.</p>	<p>2</p> <p>1</p>

	parenting plans. (Adoption) *Hormonal changes and 'postpartum blues' *Importance of exercise for baby and mom *Baby message and motion exercises			4
<b>Pregnancy Education</b>	*Provide information on healthy pregnancies, importance of early prenatal care, nutrition and exercise. *Provide information on safe use of treadmill and stationary bike *Provide alcohol, drug and smoking cessation information	2-4	We recently purchased five DVD's about Parenting tips, car seats, , Dating, safe sex/purity and The effect of Family Violence on Children. If the guest watches all five she can earn a \$25.00 gift card. We will also discuss each one. Exercise equipment safety is frequently discussed. None of our present guests smoke, one takes anti-depressants. Both are taking prenatal vitamins. Belly binders were provided to guests but they wear them only when walking a lot. Feel too "bunched up" wearing them.	3
<b>Provide Necessary Services to all clients</b>	*Provide intake assessment to determine need. *Provide women with information on, referral to and assistance with securing pregnancy support services. *Utilize our extensive resource database to provide information and make referrals	3-12	Intake done for all guests  Pregnancy support with doula – all guests  Guests given a "belly binder" for ease while walking  All guests utilize our resources. We encourage signing up for low-cost housing. Also looking through various employment positions.	4  4  4
<b>Provide Necessary Services Assessments Only</b>	*Provide intake assessment to determine need. *Provide women with information on, referral to and assistance with securing pregnancy support services. *Utilize our extensive resource	3-12	We have taken two to the Obstetrics appointments. Our third, newest guest , has been attending her appointments on her own, now we will take her to her next appointment. They all will also attend the dentist. All are using our computer and Referral booklet for housing, jobs, mental health, and other services.	4  2

	database to provide information and make referrals			
<b>Transportation</b>	*Provide bus passes for transportation assistance to: *Educational Opportunities and work as well as doctor/dentist/other appointments. *Philomena House is half a block from a bus stop. *Some volunteers need gas reimbursement.	2-4	Both guests are obtaining car rides from our housemother to appointments because they are so near the due date. Baby sleep books have been given to all 3. Also Life Skills and Pregnancy Help booklets. Nobody owns a car. Frequent discussions about care of infants and car seats, shaken baby and other serious issues. One had a court date and the Director attended with her. It was apparent to us that they felt this mother's progress was directly related to her present stay at Philomena House.	Ongoing  6

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	2
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	2
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	2
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	2
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	2
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	3

**Challenges** The two women are both mothers with 3 yr. old sons in foster care. It seems they can barely think of anything else. We have a difficult time getting them to participate in anything that is not mandated. Social activities and organized “fun” evenings

**not enjoyed from what we observe. After her successful court date one guest is happier and looking forward to her new baby and cooperation with staff at Philomena House.**

**Comments: We have been “dreaming” of having a second Philomena House that accepts pregnant women with children. A benefactor seems to have landed “in our lap” and we think this ‘pilot project’ could tell us a great deal about how we can help mothers who are unsupported by their babies’ fathers. We do not have an opening date for this home.**